

# Body Basics

Strength, Mobility & Balance

6-Week, Level I Program



Created by Laura Flynn Endres  
Get Fit Done  
[www.wegetfitdone.com](http://www.wegetfitdone.com)

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# Strength. Balance. Confidence.

Are you ready to feel stronger and  
move better in your body?

My 6-Week Body Basics Program helps you do exactly that!  
Before you know it, you'll be feeling energized as you  
rediscover your fitness confidence!

## PROGRAM GOALS:

Functional Fitness, Strength, Balance & Mobility

## [TRAINING LEVEL >](#)

Designed for Level I

(Adaptable to Pre-Fit and Intermediate)

## PROGRAM DURATION:

6 Weeks

## WORKOUTS per WEEK:

5

## AVERAGE WORKOUT LENGTH:

30-45 Mins

## EQUIPMENT USED in this PROGRAM:

Dumbbells, Handled Bands, Mini-Band Loops, Mat

[RECOMMENDED EQUIPMENT LIST >](#)

# Disclaimer

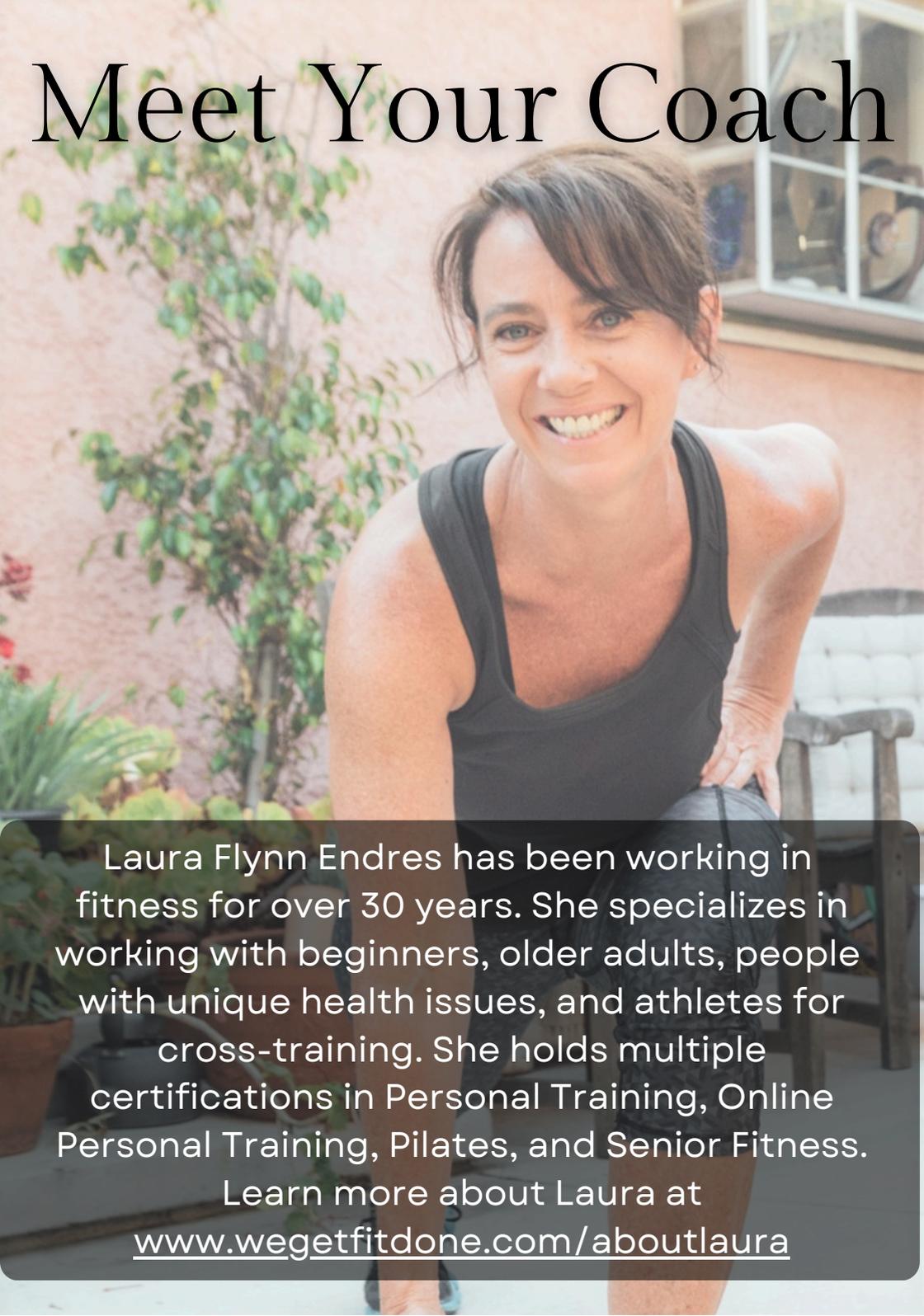
*Before beginning this or any exercise program, I strongly recommend you get medical clearance from your doctor, especially if you experience any pain, dizziness, or unusual discomfort during exercise, have rehabilitation issues, have serious health issues, or haven't exercised in recent months.*

*This program is designed to be safe, but each person has unique health considerations, and this program is not designed specifically for YOU. Your doctor can help you determine if any precautions should be taken, and help you choose an appropriate approach to improving your fitness.*

*Content provided by Laura Flynn Endres and Get Fit Done is for informational and educational purposes only. If you experience any pain or unusual difficulty with any exercises, stop immediately and consult your doctor.*

*Laura Flynn Endres, Get Fit Done, and anyone associated with Laura Flynn Endres and Get Fit Done will not be responsible or liable for any injury sustained while exercising in your home, gym, or elsewhere.*

# Meet Your Coach

A woman with dark hair, wearing a black tank top, is smiling and leaning forward. She is outdoors, with a brick wall and some greenery in the background. The image is used as a background for the text.

Laura Flynn Endres has been working in fitness for over 30 years. She specializes in working with beginners, older adults, people with unique health issues, and athletes for cross-training. She holds multiple certifications in Personal Training, Online Personal Training, Pilates, and Senior Fitness.

Learn more about Laura at  
[www.wegetfitdone.com/aboutlaura](http://www.wegetfitdone.com/aboutlaura)

# Before + After Stats

Before you begin your 6-week program, take a few minutes to record your starting point. This will help you see real, measurable progress by the end of the program!

On the following pages you'll find several metrics to choose from. I highly recommend doing them all, because you never know which metric will show your progress best!

For sure choose at least one or two to track.

Record all stats on pages 8, 9 & 10.

## **STARTING WEIGHT**

Weigh yourself first thing in the morning after using the bathroom & before eating or drinking.

## **STARTING MEASUREMENTS**

Use a soft measuring tape on bare skin or over light clothing.

Pull the measuring tape snug but not tight.

Measure at the fullest part or where indicated on page 10.

## **'BEFORE' PHOTOS**

- Wear fitted, comfortable clothes.
- Take photos from the front, side, and back.
- Stand in good lighting.
- Save these somewhere safe – photos often show progress better than other metrics!

These are for your eyes only unless you choose to share!

# Before + After Stats

## **TRACK YOUR COMPLIANCE**

The #1 factor in your success is your consistency! Included in your program is an online workbook where you can track what you do in your workouts. The workbook allows you to track your consistency and also helps you see how much progress you make in terms of how much weight you lift, how many reps you can do, and so on!

Go [HERE](#), and when prompted, **click ‘Make a copy’** to save the online workbook to your computer! If you choose not to use the workbook, you can simply use the Workout Schedule on page 12. Mark off each session with the date you do it and watch those checkmarks add up!

## **COMPLETE A FIT TEST**

Perform some or all of the 7 exercises on the following page to get a baseline fitness level. Test again in 6 weeks!

- Be sure to WARM UP first. Here’s a 4-minute low-impact [warm-up video >](#)
- For each exercise, do as many reps as you can without losing form or needing to pause. As soon as you need to pause for more than 3 seconds or you feel your form slipping, you’re done with that exercise.
- Record how many you did.
- Rest for 30-60 seconds before doing the next exercise.
- You can do the exercises in any order you want.

# Before + After Stats

## **FIT TEST Continued...**

To see a video demo of an exercise, right click on the exercise name and select 'Open Link in New Tab.'

### **EXERCISES:**

#### **[Bodyweight Chair Squats >](#)**

BEFORE: \_\_\_\_\_ Reps | AFTER: \_\_\_\_\_ Reps

#### **[Inclined Push-Ups >](#)**

Placed hands on: \_\_\_\_\_

BEFORE: \_\_\_\_\_ Reps | AFTER: \_\_\_\_\_ Reps

#### **[Hip Bridge >](#)**

BEFORE: \_\_\_\_\_ Reps | AFTER: \_\_\_\_\_ Reps

#### **[Dumbbell Lateral Raises >](#)**

BEFORE: \_\_\_\_\_ Reps, \_\_\_\_\_lb Weights | AFTER: \_\_\_\_\_ Reps, \_\_\_\_\_lb Weights

#### **[Pick a Plank >](#) or [Boat Hold >](#)**

Boat or Plank Variation: \_\_\_\_\_

BEFORE: \_\_\_\_\_ Min/Sec | AFTER: \_\_\_\_\_ Min/Sec

#### **[Loop Repeater Side Steps >](#)**

(Count # steps on first side; match that # of reps on other leg)

BEFORE: \_\_\_\_\_ Reps | AFTER: \_\_\_\_\_ Reps

#### **Tricep Kickbacks with [Handled Band >](#) or [Dumbbells >](#)**

Variation: \_\_\_\_\_

BEFORE: \_\_\_\_\_ Reps, \_\_\_\_\_lb Weights | AFTER: \_\_\_\_\_ Reps, \_\_\_\_\_lb Weights

👉 When you complete the program,  
re-test to see if you can beat your stats!

# Before & After Stats

YEAR \_\_\_\_\_

ABOUT ME

MY NAME: \_\_\_\_\_

MY HEIGHT: \_\_\_\_\_

MY WEIGHT: \_\_\_\_\_

START: \_\_\_\_\_

GOAL: \_\_\_\_\_

DATE: \_\_\_\_\_

ADD  
PHOTO  
HERE

## MY MOTIVATIONS

REASON 1:  
\_\_\_\_\_  
\_\_\_\_\_

REASON 2:  
\_\_\_\_\_  
\_\_\_\_\_

REASON 3:  
\_\_\_\_\_  
\_\_\_\_\_

## MY HABITS

NEW HEALTHY HABITS

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

BAD HABITS TO REDUCE

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

REWARDS		
REWARDS FOR MEETING MY GOALS!	WHY I DESERVE THESE!	✓
1 _____ _____	_____ _____	<input type="radio"/>
2 _____ _____	_____ _____	<input type="radio"/>
3 _____ _____	_____ _____	<input type="radio"/>

# BODY MEASUREMENTS

YEAR .....

MY MEASUREMENT TRACKER

BEFORE

AFTER

WEIGHT .....

WEIGHT .....

DATE .....

DATE .....

RIGHT  
ARM .....

RIGHT  
ARM .....

LEFT  
ARM .....

LEFT  
ARM .....

CHEST .....

CHEST .....

WAIST .....

WAIST .....

HIPS .....

HIPS .....

RIGHT  
THIGH .....

RIGHT  
THIGH .....

LEFT  
THIGH .....

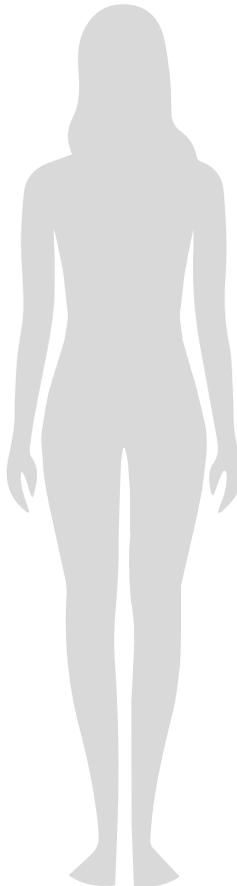
LEFT  
THIGH .....

RIGHT  
CALF .....

RIGHT  
CALF .....

LEFT  
CALF .....

LEFT  
CALF .....



# The Workouts!

On the following pages are Strength Workouts A, B, C and D, and Abs + Accessory Workouts A, B, and C. Are you excited?! I am excited for you!!

## STRENGTH WORKOUTS

The strength workouts target all major muscle groups and include:

- a follow-along warm-up video
- (3) 2-exercise supersets\* marked by this icon: 
- a follow-along post-workout stretch video

*\*A superset means you alternate two exercises back and forth until you've completed the assigned number of sets.*

## ABS + ACCESSORY WORKOUTS

These workouts contain two short circuits each. The exercises in the first circuit are to improve mobility, range of motion, flexibility, stability, and balance. The exercises in the second circuit work the muscles of your core - abs, obliques, and back muscles.

## VIDEO DEMOS

Every exercise is live-linked to a short video demo! To see a video demo, hover your mouse over the exercise name, right click and select 'Open Link in New Tab.'

## ORDER OF WORKOUTS

The order of workouts are scheduled this way for a reason, however you can - and should - rearrange the workouts to fit your schedule, fit your fitness level, and even fit your mood! If the workouts are too long, split each one into two shorter workouts. I'd rather you adapt the program to work for you than skip workouts because the design isn't the exact right fit. Your needs will change week to week, day to day, sometimes minute to minute! Listen to your body... on the days you feel great, **get after it!** On the days you're tired or distracted, give yourself some grace and do less, do easier versions, or hell, take a walk or do a light stretch instead. It all counts. Don't let schedule challenges deter you. Adapt and keep going!

I'm SO glad you're here, I'm so grateful you've trusted me with your fitness needs, and I can't wait to celebrate your success! xo, Laura

# Workout Schedule

Rearrange the workouts to fit your schedule. The important thing is that you get your workouts on your calendar and *make them happen!*

Start Date:

Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<b>Strength Workout A</b>	<b>Strength Workout B</b>	<b>Strength Workout A</b>	<b>Strength Workout C</b>	<b>Strength Workout D</b>	<b>Strength Workout C</b>
<b>Abs + Accessory Workout A</b>	<b>Abs + Accessory Workout C</b>	<b>Abs + Accessory Workout B</b>	<b>Abs + Accessory Workout A</b>	<b>Abs + Accessory Workout C</b>	<b>Abs + Accessory Workout B</b>
<b>Strength Workout B</b>	<b>Strength Workout A</b>	<b>Strength Workout B</b>	<b>Strength Workout D</b>	<b>Strength Workout C</b>	<b>Strength Workout D</b>
<b>Abs + Accessory Workout B</b>	<b>Abs + Accessory Workout A</b>	<b>Abs + Accessory Workout C</b>	<b>Abs + Accessory Workout B</b>	<b>Abs + Accessory Workout A</b>	<b>Abs + Accessory Workout C</b>
<b>Strength Workout A</b>	<b>Strength Workout B</b>	<b>Strength Workout A</b>	<b>Strength Workout C</b>	<b>Strength Workout D</b>	<b>Strength Workout C</b>
Walk + Stretch					
Rest	Rest	Rest	Rest	Rest	Rest

# Strength Workout A

FULL-BODY, 3 SUPERSETS, 2 SETS EACH

[4-MINUTE WARM-UP >](#)

## [BODYWEIGHT SQUATS](#)

2 Sets of 10-15 Reps

Aim to sit your hips low - tap your bum to a bench or chair, or hold onto something sturdy to help you get a full range of motion.

## [INCLINED PUSH-UPS](#)

2 Sets of 10 Reps

Choose an incline that allows you to do full-range, with your chest touching the edge. Suggestions: countertop, the back of a sturdy couch, tabletop, or coffee table.

## [STEP-UPS REPEATERS](#)

2 Sets of 10 Reps per Leg

Do all reps on one leg, then the other. Control your descent; land softly. If you don't have anything high enough to make these challenging, do [reverse lunges](#) instead.

## [DB SINGLE-ARM ROW](#)

2 Sets of 10-15 Reps per Arm with (1) Heavy Dumbbell

DB too light? Make it harder: hold two dumbbells in one hand, slow the reps down, or do the reps with your non-working hand on your thigh instead of the bench, which works your core.

## [DUMBBELL DEADLIFT](#)

2 Sets of 10 Reps with (2) Medium or Heavy Dumbbells

Use heavy enough DBs that 10 reps is challenging but doable. Use [this video](#) to learn proper form.

## [BICEP CURL TO OVERHEAD PRESS](#)

2 Sets of 10-15 Reps with (2) Medium or Heavy Dumbbells

If you can do 15 reps for all 3 sets, you're ready for heavier dumbbells.

[POST-WORKOUT STRETCH >](#)

# Strength Workout B

FULL-BODY, 3 SUPERSETS, 2 SETS EACH

[4-MINUTE WARM-UP >](#)

## SQUAT WITH SIDE BEND

2 Sets of 10-16 Reps Total

Aim to sit low in the squat, and extend long in the side bend. The side bend adds a nice touch of mobility to the squats!

## LATERAL DB RAISES

2 Sets of 10-15 Reps with  
(2) Light Dumbbells

Do these with palms facing forward. Lift your arms just a bit forward, not completely out to the sides; it's better for your shoulder joint.

## REVERSE LUNGES

2 Sets of 10 Reps per Leg

Do all reps on one leg, then the other. Take a medium step back, and press down through the front heel to return to start position. Hold onto something sturdy for help with balance.

## OVERHEAD TRICEP EXTENSION

2 Sets of 10-15 Reps with  
(1) Medium or Heavy Dumbbell

Keep your elbows in close to your head. Exhale during the push. If these feel difficult, warm up with a few reps of DB Halo first.

## HIP BRIDGE

2 Sets of 15-25 Reps

My favorite glute exercise! Squeeze the glutes at the top, lower with control. Play with tempo to make it harder.

## COBRA PUSH-UPS

2 Sets of 10 Reps

When you press up, lift tall through the top of your head. Do not sit heavy in your shoulders. Too hard? Do inclined push-ups instead.

[POST-WORKOUT STRETCH >](#)

# Strength Workout C

FULL-BODY, 3 SUPERSETS, 3 SETS EACH

[4-MINUTE WARM-UP >](#)

## BODYWEIGHT SQUATS

3 Sets of 10-15 Reps

Optional: Make this harder by holding a dumbbell, going slower, or doing 3 pulses at the bottom of each squat.

## DUMBBELL BENCH PRESS

3 Sets of 10-15 Reps

with (2) Medium or Heavy Dumbbells

If your DBs are too light to be challenging, keep doing Inclined Push-Ups from Workout A and increasing your reps.

## ROW + REVERSE LEG LIFT

3 Sets of 10-15 Reps per Side  
with (1) Medium or Heavy Dumbbell

Opposite arm and leg move together. Keep the planted knee slightly bent and do not let your back arch during the row and leg lift.

## ALTERNATING BICEP CURLS

3 Sets of 10-15 Reps  
with (2) Medium or Heavy Dumbbells

You could also use a handled band for this exercise. Keep your upper arms pinned to your sides during the curls. One front curl + one side curl = 1 rep.

## FROG BRIDGE

3 Sets of 15-25 Reps

Squeeze the glutes at the top, lower with control. Play with tempo to make it harder. This variation hits the outer glute and hip muscles.

## PICK A PLANK

3 Sets of 30 Seconds,  
OR As Long As You Can

It's important to be able to hold weight in your wrists and arms. Choose an incline that is doable and work up to 30 seconds, then longer. If plank is too hard, do a boat hold instead!

[POST-WORKOUT STRETCH >](#)

# Strength Workout D

FULL-BODY, 3 SUPERSETS, 3 SETS EACH

[4-MINUTE WARM-UP >](#)

## SQUAT WITH SIDE BEND

3 Sets of 16 Reps

Optional: Make this harder by doing 3 pulses at the bottom of each squat, OR changing the side bend into a front kick, alternating legs - [like this](#).

## OVERHEAD LATERAL RAISES

3 Sets of 10 Reps

with (2) Light Dumbbells

If these are too hard, do [lateral raises](#) instead and add [dumbbell halo](#) to your workout to improve your shoulder mobility.

## LOOP SIDE STEPS

3 Sets of 15-25 Reps per Leg

Keep your knees slightly bent and don't let your hips sway right and left, stay even. If you don't have a loop, you can do [standing side leg lifts](#) instead.

## TRICEP KICKBACKS: TWO OPTIONS

With a BAND: 3 Sets of 15 Reps

With (2) Light DBs: 3 Sets of 10 Reps

Keep your upper arms pinned to your sides, your core braced, and breathe out when you press back. Focus on squeezing the triceps.

## REVERSE LUNGES

3 Sets of 10 Reps per Leg

Do all reps on one leg, then the other. Take a medium step back, and press down through the front heel to return to start position. Hold onto something sturdy for help with balance

## SEATED BAND ROWS

3 Sets of 15 Reps

Put your hands through the handles ("bracelets") and choke up on the band to find the right amount of tension. Sit tall, exhale when you pull, and focus on flexing your back muscles. Excellent posture exercise!

[POST-WORKOUT STRETCH >](#)

# Abs + Accessory Workout A

MOBILITY, BALANCE, CORE

DO 1-3 SETS OF EACH CIRCUIT

## CIRCUIT A

### SINGLE-LEG BALANCE

5-8 Reps per Side

BALANCE

Hold each rep for 3+ seconds, or however long it takes to get steady and hold for a few counts.

### STANDING HIP CIRCLES

10 Reps per Leg

HIP MOBILITY

Enjoy this hip opener - it's a favorite of many clients! Do all reps on one leg, then all reps on the other.

### DUMBBELL HALO

10 Reps Total, Alternate Directions

SHOULDER MOBILITY

Keep the dumbbell close to your body at all times and aim for full range of motion. Take it slow.

## CIRCUIT B

### DEAD BUG

10 Reps Total - Pull on a Loop

ABS

Extend & hold each rep for 2-3 counts. Keep your back pinned to the floor. Use a towel if you don't have a loop.

### OBLIQUE KNEE DROPS

10 Reps per Side

OBLIQUES

Feet on the floor is for mobility. Feet lifted works the obliques. Do both! Keep shoulders touching the floor and exhale when you bring knees back to start position.

### SWAN BACK EXTENSION

5-8 Reps

BACK STRENGTH

Keep your legs pinned, lift and lengthen through the spine, and don't use the hands to press up. Hold each rep for 3 breaths.

# Abs + Accessory Workout B

MOBILITY, BALANCE, CORE

DO 1-3 SETS OF EACH CIRCUIT

## CIRCUIT A

### SINGLE-LEG SIDE BALANCE

30 Seconds per Side

BALANCE

Lift one leg to the side and hold for 30 seconds. For safety, stand in a hallway or doorway so you can easily touch the walls when needed.

### CAT COW WAVE

45-60 Seconds

BACK MOBILITY

Slowly wave between the two positions. Extend and reach long through the top of your head and your tail.

### SUPPORTED LUNGE STRETCH

30 Seconds per Leg

HIP FLEXIBILITY

One of my favorites! Lift and lower the arm 5x to limber up, then hold the last rep, leaning back to enjoy a good hip and quad stretch!

## CIRCUIT B

### BEAST PLANK

15-30 Seconds

ABS & ENDURANCE

First goal: 30 seconds. Then aim for longer! Too hard? Try this modified plank with your hands elevated on a chair or bench instead.

### CROSS CURL-UPS

10-15 Reps per Side

OBLIQUES

Exhale on the twist. Support your neck with your hand, but don't pull with your arm - focus on making your obliques do the work.

### BIRD DOG

5-8 Reps per Side

BACK STRENGTH & BALANCE

Two variations offered! One standing, one on the floor. This one works the muscles of your back and glutes. Hold each rep for 3 counts.

# Abs + Accessory Workout C

MOBILITY, BALANCE, CORE

DO 1-3 SETS OF EACH CIRCUIT

## CIRCUIT A

### TIGHTROPE BALANCE

1-Minute

BALANCE

Walking heel to toe might be challenge enough. Next level is to add the heel raises! Do balance work in a hallway or doorway for safety.

### HIP SWIVELS

1 Minute

HIP MOBILITY

Another client favorite! This one can help identify imbalances. Move slowly and with control, and keep hands on the floor for help or hands lifted for an extra challenge on the core!

### UP DOG TO CHILD'S POSE

1 Minute

MOBILITY

Mobility for shoulders, back, hips and knees! Wave between the two positions slowly and with control. Rest in child's pose at the end.

## CIRCUIT B

### PILATES HUNDRED PREP

10-15 Reps

ABS

Exhale as you lift your head and shoulders and extend your legs. The lower your legs are, the harder this is. Keep chin tucked and relax your neck.

### LEAN BACK TWIST & REACH

10 Reps (Right/Left = 1 Rep)

OBLIQUES

Keep your chest lifted, your chin tucked, and brace your abs. Exhale on each twist. The further back you lean, the harder it is. You can also do this seated in a chair or on a bench.

### BACK EXTENSION WITH CACTUS ARMS

5-8 Reps

BACK STRENGTH

If this is too difficult, keep arms bent the entire time instead of reaching them long overhead.



# Results & High Five!

If you've completed the program, let me first say well done! Way to go! Congratulations, you did it! Seeing a program through to the end is a HUGE deal, and you should be proud of yourself!

And now it's time to compare your 'After' stats to your 'Before' stats so you can see your RESULTS! Results are your stats, yes, but they're more than that. Other ways progress shows up:

Are you feeling stronger? Do you have more energy? Is it easier to move now? Did you fall in love with movement and exercise again?

Can you lift heavier weights? Do more reps? Did you surprise yourself with any of the exercises? Did you have better consistency than in the past?

Refer back to page 6, gather your 'After' stats to see if those metrics moved in your favor, and once you know your results, [share them with me!!](#)

I want to hear about your results, and I want to hear what you think of the program, too - was it too easy, too hard, or just right? Did you like it? And I'd love to hear what you hope to do next! Please [complete this program survey](#) and tell me everything!

I am creating [more programs](#), a [new challenge](#) is always just around the corner, and you can always repeat this program and see how far you can take it! I highly recommend repeating programs - you know what to do, so you can really dial in and strive to take your performance in these exact exercises to the next level!

# Thank You

Once again, THANK YOU for choosing my program!

[Let me know](#) how I can help you with  
the next step of your journey!

xo,

*Laura*

